

NIAGARA FAMILY TIMES

FAMILY AND PERSONAL READINESS IS MISSION READINESS

Winter 2003

Important Numbers

Commander

Col James B. Roberts Jr.
Bldg 800 ... 236-2120

914 Maintenance Group

Lt Col Oreste Varela
Bldg 800.....236-2338

914th Mission Support Group

Lt Col Michael Mounts
Bldg 800.....236-6353

914th Operations Group

Col Merle Hart
Bldg 800236-3004

914th Aero Patient Staging Sq

Col Renata Sierzega
Bldg 802 ... 236-2306

Family Support

Laura M. Coseglia

TSgt David A. Leone

TSgt Michael P. Corbett

716-236-2097

TOLL FREE: 1-800-248-9969

Extension 2097

A MESSAGE FROM THE COMMANDER



Dear Families:

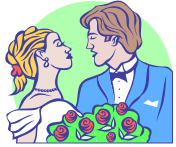
I hope this letter finds you well and in good spirits. Dixie and I have been overwhelmed with the love and care you all have for each other and the jobs we do here at the base. It was clear that in many cases, this truly is a family affair. Those of you with large extended families and other support systems know the value of a hug and a listening ear. I also understand that some of us do not have that same support. I would like to extend a special invitation to those who may be in that position. Please allow us to share the load with you. I just spent several evenings with the 101/503 Military Police Unit. They are a WWII Army group celebrating their 24th consecutive reunion here at Niagara. Clearly it is not the Falls that brings them back year after year. It is the strong bonds of respect and love for each other that holds them tight. These bonds were woven in the hardships and difficult times of WWII and they are still secure today. I was also surprised to find out that some were not even original members, but had been attracted by the group's character and simply joined in. The 101st gladly opened their arms and let them in. It seems that those who have a heart to serve, always seem to have a little extra to share also. I want to let each of you know that if you need a pick-me-up today or this week, there is someone who can help. The Family Support Team and the volunteers are already doing their best to make sure everyone is contacted and included. If we miss someone, please call and let us know. Let me conclude this by saying that you are a vital part of our unit. There are very few people in the world that have a purpose in life or a reason for getting up each day. We do. I believe in freedom and I understand that there are sacrifices to be made in order to defend, protect, and preserve what we have in this country. We are reminded almost daily that there are countries and people under oppression that yearn for a chance at what we have. Let us be proud to be Americans and proud to serve. Again, Dixie and I are blessed to be allowed to work with you and look forward to meeting each of you.

Jim

UPCOMING FAMILY SUPPORT EVENTS:



HALLOWEEN COSTUME PARTY: Tuesday October 28th 6:30 PM at the LaSalle American Legion Post. 8643 Buffalo Ave. Niagara Falls NY. Fun, Games and Refreshments for all. Please contact Family Support at 236-2097 to reserve your place!!



SPOUSE APPRECIATION DINNER: Saturday November 1st at 6:00PM at the Falcon Club. Seating is limited. Tickets can be purchased at the Family Support Center. See our flyer further on in the newsletter.



CHRISTMAS HOLIDAY SHOW and PARTY: Friday night December 5th at 6:30 PM. Live Musical holiday show starring Glenn Colton at the base theater. Santa Clause arrives shortly thereafter. Refreshments will be served. Please contact Family Support at 236-2097 to reserve your seat!!

ANNUAL FOOD DRIVE

The 914th Family Support Team and Chaplain staff will sponsor the annual holiday food drive. Can goods and non-perishables can be dropped off at Building 803, beginning on the November UTA. Food will be distributed to those in need for the holiday season. All donations must be made by 11:00 a.m. on Sunday 7 December 2003.

KEEPING IN TOUCH

Here are some tips on ways to keep in touch during separations:

- Send written or taped letters, photos, home videos, and copies of awards, artwork, school papers, cartoons and news clippings.
- *Report on daily activities.* Keep a journal or calendar record of your activities, successes, celebrations, dreams, opinions, plans, goofs, disappointments, etc.
- *Send care packages.* Include homemade goodies, stamps, stationary, hard candies, toiletries, small gifts, fun trinkets, calling cards, etc. Smaller packages will arrive sooner – limit the size of your box to shoebox size or smaller.
- ***Hearts Apart Program:*** permits use of the DSN lines from the base to your loved ones. Call for details.
- ***Email:*** If you do not have Internet at home, FS has a computer you can use while your family member is deployed. Simply call the office to reserve your time.

Write as much, and as often as possible. It will help make you feel closer to your deployed family member.

HOMEWORK HELPERS ON THE WEB

Have your kids' checkout these hot websites to get help with schoolwork!!!!



<http://kids.infoplease.com>
<http://kidsclick.org>
<http://mathgoodies.com>
<http://yahooligans.com>
<http://www.refdesk.com>
<http://www.bigchalk.com>
<http://jasonproject.org>

Kids almanac and homework center.
Information on almost any school topic.
Interactive math lessons, homework, worksheets.
Lots of links to school information.
All kinds of things to help with homework.
Resources for learning.
This far reaching site follows scientists as they head out on scientific expeditions, communicate on-line, and participate in classroom projects.
On-line dictionary.
Learn how laws are made and which bills are being considered.

<http://www.m-w.com>
<http://capweb.net>



THE 914th HERITAGE COMMITTEE NEEDS YOUR HELP

We are planning to create a 914th Ethnic Cookbook and we want your input.
We need you to dig out your favorite recipe (or a Family member's) and send it to us.
We are looking for that special dish that celebrates your ethnic heritage and warms the heart.
Recipes will be collected until December 1, 2003. At that time a cookbook will be assembled and made available to the 914th Members.
You can E-Mail your recipe to Michael.Corbett@niagarafalls.af.mil or
You can mail your recipe or drop them off at the following address:
TSgt Mike Corbett
914th Family Support office
2510 Kirkbridge Rd.
Niagara falls NY 14304

PLEASE NOTE:
The American Red Cross Niagara Chapter has a new location:
2079 Sawyer Dr
Niagara Falls, NY 14304 Phone: 731-4030



13 Halloween Safety Tips for Little Ghosts and Goblins

Halloween is a scary time of year, but we all can make sure that children have a safe holiday with the following tips. Please feel free to excerpt these tips from the American Academy of Pediatrics or use them in their entirety for any print or broadcast story dealing with Halloween safety. For more information on Halloween safety tips, your readers, viewers or listeners can visit the Web site of the American Academy of Pediatrics at www.aap.org.

"All Dressed Up..."

- Because they can obstruct a child's vision, masks are not recommended. If a child wears makeup, parents should look for non-toxic, hypoallergenic kits.
- Costumes should be flame-retardant and fit properly. Avoid oversized shoes, high heels and long skirts or pants that could cause a child to fall.
- Children who will be trick-or-treating after dusk should have reflective tape on their costumes and carry flashlights.

"Carving a Niche..."

- Small children should never carve pumpkins. Children can draw a face with markers, and then parents can do the cutting. Under parents' supervision, children ages 5 to 10 can carve with pumpkin cutters equipped with safety bars.
- Votive candles are safest for candlelit pumpkins.
- Lighted pumpkins should be placed on a sturdy table, away from curtains and other flammable objects and should never be left unattended.

"Sweet Treats..."

- Children shouldn't snack while they're trick-or-treating. Parents should check treats at home.
- Watch for signs of tampering, such as small pinholes in wrappers and torn or loose packages.
- Parents of young children should get rid of choking hazards such as gum, peanuts, hard candies or small toys.

"Home Safe Home..."

- To keep their home safe for visiting trick-or-treaters, parents should remove anything a child could trip over such as garden hoses, toys, bikes and lawn decorations.
- Parents should check outdoor lights and replace burned-out bulbs.
- Wet leaves should be swept from sidewalks and steps.
- Remember that Halloween is for children of all ages... so get involved with your little ghost or goblin!
- **Have a safe and happy Halloween!**



Coping with Separation and Stress

Any out-of-the ordinary experience, pleasant or unpleasant, can cause stress. Military separations will cause stress. Stress is part of everyone's life. It makes life interesting; it prompts us to solve problems, to create and to grow. But if we don't manage stress, it can cause damaging physical, mental and social problems.

Following the three "M's" can help you deal with your stress.

MAINTAIN: Keep physically and mentally fit so that stress has less chance to hurt you. Take care of your body by exercising and eating well. Keep a balanced lifestyle that includes school, work, family responsibilities and recreation. Stay away from people who get you down; find friends who will listen and give good advice. Keep active, keep involved and keep learning.

MANAGE: Manage your life so that you feel in control of it. Don't take on more responsibility than you can handle. Speak up for yourself and say 'no' when you need to. Celebrate your accomplishments and be kind to yourself when you make mistakes. Don't delay asking for help when you need it. Talk to your parents, friends, relatives, school counselor, teacher or minister OR get help from your Family Support Center.

MONITOR: Know yourself and your stress warning signs. Physical signs of stress include headaches, muscle tension, upset stomachs, insomnia, fatigue and low energy levels. Other signs of stress include anxiety, fear, forgetfulness, trouble concentrating, discouragement and trouble relaxing. Get to know your body's signs of stress so that you can handle the stress before it causes you any problems.

Ways that you can relieve stress:

- ✓ KEEP BUSY!
- ✓ Do things you love
- ✓ Spend extra time at school
- ✓ Join a sports team or club
- ✓ Get your mind off of it!
- ✓ Go to church
- ✓ Talk to someone
- ✓ Pamper yourself
- ✓ Sign up for a class

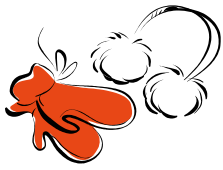
Resources for Help:

- Chaplains
- Family Support (FS)
- Mental Health Counselors
- Mental Health Association
Niagara Falls: 282-5432
Lockport: 433-5432

Call FS for a referral

Informational and Supportive Websites for Families of Reservists and Guard Members

- ❖ <http://www.esgr.org> - National Committee for Employer Support of the Guard and Reserve
- ❖ <http://www.insurance.va.gov> - Serviceman's Group Life Insurance
- ❖ <http://www.tricare.osd.mil> - Military Health System
- ❖ <http://www.deploymentlink.osd.mil> - Deployment LINK (Gulf War illness, medical readiness, and military deployments)
- ❖ <http://www.dmdc.osd.mil> - Defense Manpower Data Center
- ❖ <http://www.afcrossroads.com> - Air Force Crossroads
- ❖ <http://www.afpc.randolph.af.mil/dpc/best/res-emp-info.htm> - Reservist Employees Information Page
- ❖ <http://www.military.com> - Military.com (search engine)
- ❖ <http://www.redcross.org> - American Red Cross
- ❖ <http://www.militaryspouse.org>
- ❖ <http://www.sba.gov> - Small Business Administration
- ❖ <http://www.ucci.com/tdp/tdp.html> - Tricare Dental
- ❖ <http://www.afrc.af.mil> - Air Force Reserve Command
- ❖ <http://afvclub.com> - Armed Forces Vacation Club
- ❖ <http://www.dmdc.osd.mil/sites> - Military Installations
- ❖ <http://militarypay.dtic.mil/> - Military Pay and Benefits
- ❖ <http://www.afrc.af.mil/914aw/> - Niagara Falls Air Reserve Station
- ❖ <http://www.dmna.state.ny.us/ang/107.html> - Niagara Falls 107th Air Refueling Wing
- ❖ <http://www.afas.org> - Air Force Aid Society
- ❖ <http://lifelines2000.org/familyline/home.asp> - Lifelines Services Network
- ❖ <http://www.nmcers.org/> - Navy Marine Corp Relief Services
- ❖ <http://www.defenselink.mil> - US Department of Defense
- ❖ http://www.mfrc.calib.com/enduring_freedom/mobiliz2.htm - Mobilization and deployment, helping children and families during separations



The Basics of Safety

WINTER HAZARDS

It would be a mistake to imply that the major outdoor hazards apply to summer campers only; the increasing popularity of winter outdoor activities has been accompanied by a rise in cold-weather mishaps. The same rules listed for hikers and campers apply to winter sports and outdoor activities. In addition, winter hikers, snow mobilers, cross-country skiers, and hunters, among others, should be skilled in their respective activity and know what to do in case of an emergency.

Weather reports should be heeded; outdoor activity should be avoided during extremes of temperature and wind velocity. Modern weather forecasting has improved, but there is always the possibility of a sudden, unpredicted winter storm and there are still a surprising number of people who venture out without checking a weather report. Obviously, one should always dress appropriately and know what to do if marooned by a storm. Usually, the best advice is to stay in your car or other shelter until the worst is over or until help arrives. Other special precautions for winter enthusiasts include:

- Know your terrain. If you are snowshoeing, cross-country skiing, or hiking in unknown territory, stick to established trails and don't venture out alone.
- Dress appropriately. This means wearing clothing that provides proper insulation against the cold, wind, and wetness, while allowing proper ventilation and circulation. Undergarments should be made of wool or polypropylene. Several

layers of loose, nonconstricting wool, down, or synthetic down clothing and an outer layer of windproof/water-repellent material should be worn. Make sure head (an area of potential significant heat loss), hands, and feet are well protected. Mittens worn over gloves provide good protection for hands. Two pairs of socks—one propylene and one wool—and boots covering the ankles provide adequate protection of feet. Wear a wool or polypropylene ski hat and use additional face or neck protection depending on the weather. All clothing should be non-constricting.

- Before going out onto ice, make sure that it is thick enough to bear your weight. If in doubt, cut a hole in it and measure the thickness. If it is less than 8 inches thick, stay on land or go to a commercial ice rink.
- When sledding or snowmobiling, be particularly wary of crossing roads and railroad tracks. Avoid areas where there may be hidden obstacles, such as fallen branches, trees, fences, or other sources of danger. Check ahead for avalanche conditions.
- In very bright conditions or at high altitude, protect against eye injury from ultraviolet radiation by wearing sunglasses with UV blocking lenses and side panels.
- Don't go out in the cold after drinking alcohol. While you may feel a warm glow from the drink, in reality it makes you more susceptible to the effects of cold and may alter your judgment, decision-making, and behavior in a potentially dangerous situation.

GOVERNOR, MAJORITY LEADER AND SPEAKER ANNOUNCE THREE-WAY AGREEMENT ON THE "PATRIOT PLAN"

Provides Sweeping Array Of New Benefits And Protections For NY's Military Families

Governor George E. Pataki, Senate Majority Leader Joseph L. Bruno and Assembly Speaker Sheldon Silver today announced a three-way agreement on the "Patriot Plan" - an unprecedented, comprehensive package of new benefits and enhanced protections for New York's military personnel and their families.

The "Patriot Plan" will assist troops and their families who face potential added expenses and disruptions caused by being called to active duty in the nation's ongoing war against terrorism. Today's agreement builds upon the administrative measures already taken by Governor Pataki in March to provide new benefits and protections for our State's brave servicemen and women and their families.

Under the new "Patriot Plan," New York's military personnel called to duty and their families will be eligible for a broad array of new benefits and protections. The provisions of the Plan include:

Protection against Military Status

Discrimination: Expands the protections of the Human Rights Law to military personnel to ensure that they are not discriminated against in housing, employment, public accommodations or credit applications.

Termination of Vehicle Leases: Permits military personnel to terminate a car lease if he or she is called to active duty.

Interest Rate Cap on Installment Loans: Caps rates of interest on installment loans at 6 percent while the individual is on state active duty.

Health Insurance Benefits: Directs the Insurance Department to protect the rights of military personnel to continue, suspend or convert health insurance benefits during periods of active duty. Also requires the Division of Veterans' Affairs to make health provider information concerning military-related illnesses, such as Gulf War Syndrome and Hepatitis C, available to military personnel and their families via a 1-800 telephone hotline.

State Family Liaison Officers: Directs the Adjutant General to designate Family Liaison Officers to assist families of military personnel during periods of deployments ordered by Presidential or Congressional directives.

MERIT Scholarship Program: Provides the children, spouses and dependents of New York military personnel killed or severely and permanently disabled during the Persian Gulf conflict (retroactive to 1990), the war on terrorism or the current military action in Iraq with undergraduate awards to cover the cost of attending institutions of the State University or City University, or a commensurate amount to attend a private college or university in New York State.

Educational Military Leave of Absence and Tuition Relief: Requires colleges and universities to provide educational military leave of absence for students called to active duty. The provisions require that the institution restore the student to his/her previous educational status upon return from military service without loss of credits earned, scholarships or grants or other fees paid prior to commencement of military duty. In addition, colleges and universities would be required to provide a tuition refund or credit to students who are forced to suspend their studies because of a military leave of absence.

Telephone Rates: Requires OGS and DMNA to negotiate bulk telephone rates on behalf of those on active military duty and their families.

Video Conferencing: Requires DMNA and OFT to coordinate with the Department of Defense to provide access to video conferencing at selected sites for families to communicate with their loved ones overseas.

Retirement Loan Repayment: Permits the suspension of loan payments for public employees who borrowed against their retirement system savings while such employees are engaged in active duty.

Electronic Transfer of Paychecks: Provides that paychecks of public employees activated for foreign deployments will be made by electronic transfer of funds unless such employee opts to not have such payments made in such manner.

Free High-Speed Internet: Provides free high-speed Internet access at places such as State University campuses and public libraries to family members of activated troops.

Employer Recognition: Creates a "NY-USA Proud" employer of distinction award to recognize companies that show exceptional support for military reservists and National Guard members.

Patriot Discount Program: Establishes a voluntary, state-sponsored program for merchants who agree to provide reduced price discounts for merchandise and services for all military personnel.

Waive License Fee Renewals: Waives teaching license fees for licenses that lapse during deployment and extends EMT and First Responder certifications that expire during deployment. Professional licenses and continuing education requirements are also extended during deployment.

School Stability: Children of overseas-deployed parents will be permitted to remain in same school, without disruption for period of deployment.

Evictions: Prohibits evictions of a member of soldier's family during period of active duty military service. Extends mortgage foreclosure exemption for those called to active duty from three to six months following deployment.

Insurance Provisions: Life insurance policies cannot lapse during period of active deployment or 45 days following return.

Free Hunting and Fishing Licenses: Provides free hunting and fishing licenses to members of the Guard, Reserve and state militia.

In addition, Governor Pataki has continued via Executive Order the following provisions:

Free Park Access: Provides free access to state parks for families of reservists and members of the National Guard and their families.

Supplemental Pay: The Governor expanded the supplemental military leave program established after 9/11 to ensure that all state officers and employees called to active duty in the war against terror suffers no loss of salary as a result of their service.